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Borough of Appleby

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1957



KENDAL
TITUS WILSON & SON, LTD.

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To the Mayor, Aldermen and Councillors of the Borough of Appleby.

SIR, LADIES AND GENTLEMEN,

I have the honour to submit to you my Annual Report upon the health of the Borough during the year 1957.

I wish to acknowledge the help and ready co-operation of my colleague the County Medical Officer of Health, and also the assistance afforded to me by the local general medical practitioners.

I am indebted also to the Public Health Inspector and his staff for the spirit of teamwork which exists in my department, and for the fund of local knowledge which they have laid at my disposal.

I have the honour to be,

Sir, Ladies and Gentlemen,

Your obedient servant,

FRANK T. MADGE,

Medical Officer of Health.

NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Area of the Borough in acres	1,877
Population (Registrar-General's mid year estimate) ..	1,690
Inhabited Houses	554
Rateable Value	£16,702
Product of a Penny Rate	£65
Rate in the pound levied in 1957-8	20/-
of which the County Rate was	14/9d.

The ancient Borough of Appleby is the County Town of Westmorland, and lies on a beautiful winding reach of the River Eden beneath the long escarpment of the Pennine Range. The Town clusters compactly on the rising ground of the river banks and is dominated by the historic Castle. It is a small market town which mainly serves the surrounding farming countryside, but on one side the main trunk highway follows the old Roman road which passes over into north-east England. These geographical features determine the natural lines of communication and therefore influence the spread of infectious disease.

The geology of the Borough is mainly Penrith sandstone in the Permian System but in the northern portion there are some purple sandstones and shales in the Millstone Grit series of the Carboniferous System, with alluvial deposits and terraces along the river, and some glacial drift. These geological characteristics are of great significance in the supervision of water supplies and sewerage as well as affecting the economics of the Borough.

The climate is equable and the town is well sheltered from the prevailing winds. The air is generally very clear and there is little mist or fog. The rainfall varies between 30 and 40 inches a year, and snow may be expected for one or two weeks in the late winter.

The Borough is primarily a market town in character, and many of the small industries and crafts are ancillary to agriculture. There are also the following industries and occupations which provide local employment and bring a measure of prosperity to the Borough:—

Egg Packing Station.

Milk Depot.

Railway Work.

In addition to these local industries the Borough receives seasonal tourist and business traffic from the Trunk Road. The variety of these local opportunities for employment has kept Appleby happily free from unemployment and has provided that economic security which is a most important factor in the maintenance of the public health.

STAFF.

Name.	Qualifications.	Office.	Whole or Part-time.	Other Offices.
F. T. Madge.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health.	Part.	M.O.H. Combined County Districts of Westmorland
T. E. Owens.	M.A.P.H.I.	Public Health Inspector.	Part.	—
B. M. Machell.	—	Clerk to Medical Officer of Health.	Part.	Clerk to M.O.H. Combined County Districts of Westmorland

Mr. Owens is engaged on a part-time basis of six sessions per week as the small size of the Borough does not justify a full-time appointment. There were no staff changes during the year.

COMMITTEES.

The Minister of Health requires me to include a list of your Council's Committees which are concerned with matters of public health.

The Health and Highways Committees deal with the principal matters, but there are other aspects of public health importance which are dealt with by the Properties, and Planning and Development Committees.

VITAL STATISTICS.

The following extracts are made from information supplied by the Registrar-General, with figures for 1956 for comparison.

Area of the District in acres 1,877

	1956	1957
Estimated civilian population (mid year) ..	1,670	1,690
Live Births. Legitimate— males	8	11
females	10	11
Illegitimate— males	—	2
females	1	—
Total	19	24
Crude Rate per 1,000 population	11.4	14.2
Corrected Rate per 1,000 population	12.3	15.2
Rate for England and Wales ..	15.7	16.1
Still Births. Legitimate— males	—	—
females	—	—
Illegitimate— males	—	—
females	—	—
Total	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales ..	23.0	22.4
Deaths. males	11	9
females	18	14
Total	29	23
Crude Rate per 1,000 population ..	17.3	13.6
Corrected Rate per 1,000 population	16.2	12.7
Rate for England and Wales ..	11.7	11.5

	1956	1957
Infantile Deaths (under 1 year):		
Legitimate	1	—
Rate per 1,000 legitimate live births	55.5	—
Illegitimate	—	—
Rate per 1,000 illegitimate live births	—	—
Total deaths under 1 year	1	—
Rate per 1,000 live births	52.6	—
Rate for England and Wales ..	23.8	23.0
Neo-natal Deaths (under 1 month):		
Total neo-natal deaths	—	—
Rate per 1,000 live births	—	—
Neo-natal Rate for England and Wales	16.9	16.5
Maternal Mortality:		
Total Deaths	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales ..	0.64	0.47

Deaths from certain causes:—

	1956.	1957.
Cancer	2	3
Measels	Nil	Nil
Whooping Cough	Nil	Nil

The main causes of Death were:—

Heart Disease	9
Cancer	3
Vascular lesions of nervous system	3

On account of the small population of the Borough the changes from last year's figures have little statistical significance.

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

Public Health Act, 1936. Sections 145-170.

National Health Service Act, 1946. Part III.

Measles formed the main feature of the year. It had been troublesome most of the spring in many of the surrounding villages but it was not until late in May that it entered Appleby in sufficient numbers to call it an epidemic. June was the peak period, and then it tailed off towards the end of July, with a final score of 31 cases.

Hospital and Ambulance Arrangements for Infectious Diseases. National Health Service Act, 1946. Parts II and III.

The Regional Hospital Board, Newcastle provides infectious diseases hospitals at Penrith and Carlisle to serve the area, and ambulance transport is provided by the County Council. Disinfection of premises is carried out by your public health inspector.

NOTIFIABLE DISEASES TABLE.

	Total	Ages										Admitted to Hospital	Deaths		
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-			45-	65-
Acute Poliomyelitis Non-Paralytic ..	1	-	-	-	-	-	-	-	1	-	-	-	-	1	-
Measles ..	31	-	1	4	2	4	20	-	-	-	-	-	-	-	-
Whooping Cough ..	2	-	-	1	-	1	-	-	-	-	-	-	-	-	-
Acute Pneumonia ..	1	-	-	-	-	-	-	-	1	-	-	-	-	-	-
TOTAL ..	35	-	1	5	2	5	20	-	2	-	-	-	-	1	-

TUBERCULOSIS TABLE.

Age Periods	NEW CASES				DEATHS			
	Respira- tory		Non-res- piratory		Respira- tory		Non-res- piratory	
	M	F	M	F	M	F	M	F
0 ..	—	—	—	—	—	—	—	—
1 ..	—	—	—	—	—	—	—	—
5 ..	—	—	—	—	—	—	—	—
15 ..	—	—	—	—	—	—	—	—
25 ..	—	—	—	—	—	—	—	—
35 ..	—	—	—	—	—	—	—	—
45 ..	—	—	—	—	—	—	—	—
55 ..	1	—	—	—	—	—	—	—
65 ..	—	—	—	—	—	—	—	—
Total ..	1	—	—	—	—	—	—	—

The number of tuberculosis patients on the register at the year end were :—

Respiratory	...	9
Non-Respiratory	...	3
		—
		12
		—

HOUSING.

There are 554 inhabited houses in the Borough and an average of 3.05 persons per house. Some over-crowding exists in the poorer houses.

At the year end the Council had accepted undertakings that 14 houses would not be used for human habitation until made fit. A further 10 houses were being dealt with to complete the Council's slum clearance programme of 24.

Your requirements for new houses are about 70 and it is hoped that advantage will be taken of the financial grants available under the Housing Act, 1949, to recondition some of the older premises. Three improvement grant schemes were approved during the year.

Progress at the year end on your Scattergate Estate was that 32 houses were completed. The site will finally provide for 100 houses.

The method adopted for the selection of tenants of Council houses is one which combined the "points" scheme and personal selection. Each applicant completes a form and is awarded points from which a short list is compiled, and from this the personal selection is made.

The property owned by the Council includes 65 dwelling houses. Maintenance work is normally performed by local contractors.

The rateable values of your Council houses range from £12 to £18 and the rents are between 11/6d. and 18/6d. per week exclusive of rates.

Verminous Houses.

Public Health Act, 1936. Sections 83-85.

The average standard of cleanliness is high and no action was necessary during the year.

Nuisances re Dwellings.

Public Health Act, 1936. Sections 91-100.

Informal action was taken in 18 cases. No statutory notices were served.

Dangerous Buildings.

Public Health Act, 1936. Section 58.

No cases were dealt with during the year.

Tents, Vans, Sheds and Movable Dwellings.

Public Health Act, 1936. Sections 268-269.

There is no licensed camping site in the Borough and three individual camping licences were in force during the year. Unlicensed camping

sites are limited to occasional use only, intermittent camping takes place along the banks of the River Eden during the fishing season and is generally not objectionable.

Camping periods of not more than four days each occur twice a year by the staff of travelling fairground and shows which park and operate in the Butts, where public conveniences for both sexes serve the sanitary requirements.

A more serious nuisance occurs during the June Fair, which lasts approximately five days. Camping on the Roman Road adjacent to Gallows Hill and on the Longmarton Road is done on a very large scale. Tents, motor trailers, and horse-drawn caravans assemble in hundreds along the roadsides, and the occupants use the fields and hedgerows for all sanitary purposes, which leave after their departure a foul and polluted area. A Committee was formed to examine the possibility of moving the campers off the roads on to the Gallowshill and a provisional scheme was made to provide an access roadway and temporary latrines and chemical closets, and a proper water supply, but there seems little hope of any practical results. It remains a thoroughly bad show, particularly for your neighbours in the rural district.

WATER.

The public water supply is adequate in quantity for the normal domestic supplies of the Borough, but it might not be sufficient to meet the extra demands of future industrial development. Although there have been occasional minor lapses, the supply is now satisfactory in quantity. The result of laboratory examination of water is set out in Appendix "A" from samples taken during the year.

The source of the supply is at the foot of the Pennines from two natural springs at Bank Wood in the Parish of Hilton. These springs arise near the junction of St. Bees sandstone and the red shale strata and apparently have a deep source. Their yield is remarkably constant throughout the year.

There is some risk of surface drainage contamination, which needs constant observation, and I am not very happy about the presence of the military works which are immediately uphill from the source. Although the dangerous latrine has been dismantled there remains the risk of the soldiers polluting the ground around the artillery observation tower, and there may be added risks if the range area is extended.

The water is quite soft, having only seven degrees of hardness and is suitable for all domestic purposes. The storage capacity of the covered and ventilated reservoir is approximately 60,000 gallons,

with top and bottom levels of 642.51 feet and 637.00 feet above Ordnance Datum. The site is enclosed and protected by a stone perimeter wall. The water is untreated.

The distribution mains are cast-iron with ball hydrants now of considerable age. As safeguards against contamination the town water is sampled at monthly intervals.

About 536 out of the 554 houses in the Borough have water laid on, and about 18 are still served by old-fashioned standpipes.

The average daily consumption of water from the public mains is 98,000 gallons which is equivalent to 54 gallons per head per day. This relatively high figure is due in part to waste.

Although the supply is adequate in quantity the level of the head works makes the pressure in the higher parts of the Borough rather poor. If development of this high land is contemplated in the future it will be necessary to consider boosting the supply.

During 1957 your Consulting Engineer prepared a scheme for augmenting the public water supply from a new source from springs at Ashbank, Hilton. This source is still in the exploratory stage, and in the meanwhile I have advised your Council that the water would require treatment to make it safe to drink.

SEWERAGE.

Public Health Act, 1936. Sections 14, 15, 47 and 87.

The Borough is well equipped with water closets, 547 out of a total of 554 have either one or more, although a number of houses share a common convenience with neighbours. There are 7 privies on outlying farms which are not near the sewerage system. The majority of the closets are connected to the main sewer, only 10 being served by cesspits or septic tanks.

Public conveniences are situated at three points and the town is now well served.

The sewerage mains are mostly dual purpose, taking both surface water and foul drainage. Many of the old drains are of bastard size and very often laid with open joints. Many of these defects have been remedied during excavations for other purposes. A survey has been made and gradual replacement will be effected. The main sewer crosses the river near the Butts by an inverted siphon and thence flows through a brick-lined tunnel for 440 yards under Holme Wood to the river bank at St. Nicholas Wood, whence it is piped for the remaining 320 yards to the disposal plant.

The sewerage plant consists of two alternatively operating precipitation tanks from which the overflow passes in a main earthenware feeder for broad irrigation over about four acres of land alongside the river bank. The run off is piped into the main outfall for discharge into the Eden.

The plant is obsolete in design and has functioned very indifferently in recent years. However, during 1955, your Council spent some £700 on improvements. The main feeder pipes were replaced, the banking and land filtration beds were rebuilt; two extra beds and additional outfall drains were provided, and the whole area was fenced against stock. Those improvements and repairs were designed to tide us over the immediate future.

Plans for a major reconstruction of the sewage disposal works were prepared during 1957 by your Consulting Engineers, to embrace not only the projected development of the town but, much more important, to treat the trade wastes from a proposed new cheese-making factory which is to be added to the existing milk depot in Appleby. Such trade wastes need a special technique in treatment, so the Express Dairy Company Ltd. have collaborated very closely with your Council to plan the new sewage disposal works to the mutual advantage of all parties and the ultimate benefit to the town. The scheme awaits Ministry approval.

PUBLIC CLEANSING.

Public Health Act, 1936. Sections 72, 76 and 77.

Refuse is collected from the whole of the area of the Borough of Appleby by Council employees with the use of a dual purpose vehicle.

Disposal of refuse is by controlled tipping at Gallows Hill. The tip is fenced in and treated against vermin. The salvage of waste paper is not done as it is uneconomical. The average annual volume of refuse is estimated at 1,500 cubic yards.

Street cleansing is carried out systematically twice weekly in the town centre and as often as necessary on the district and country roads. The public conveniences are cleansed and disinfected by a part-time caretaker.

FOOD AND DRUGS.

Under the Food and Drugs Act, 1955 and the Orders and Regulations made thereunder, the Borough has the duty of carrying out specific responsibilities in the registration of certain food premises, in the supervision of milk and dairies, and in the wide field of protection of

its citizens from food-borne diseases. The County Council are responsible for detecting the adulteration of foodstuffs and the supervision of the sale of drugs.

Precautions against Contamination of Food.

The Food Hygiene Regulations 1955.

Periodical inspection of food premises has been carried out and informal action taken where necessary. Proposals have been made for raising the standard of cleanliness and general hygiene in these places. I am confident that traders are anxious to achieve a very high level of hygiene in their premises.

Bye-laws for securing cleanliness in food handling are in operation and it is hoped that their educative effect, rather than their penal provisions will be valuable to both the trade and the public.

Registration of Ice-cream Premises.

Food and Drugs Act, 1955. Section 16.

Ice-Cream (Heat Treatment) Regulations, 1947.

Under Section 16 of the Food and Drugs Act, 1955 there is one registration for the manufacture and sale of ice-cream and 6 registrations for storage and sale only.

Registration of Prepared Meat Premises.

Food and Drugs Act, 1955. Section 16.

At the year end registration of sausage manufactories and potted, preserved and pressed meat, and pickled food preparing premises under Section 16 of the Food and Drugs Act, 1955 were approved in respect of 2 premises.

Registration of Dairies and Dairymen.

Milk and Dairies Regulations 1949 — to date.

Since October 1949 your Council has been responsible for the supervision of milk distributors and dairies which are not dairy farms. Your registrations at the end of 1957 were:—

Distributors	1
Dairies	3

Cleanliness of Retail Milk Supplies and Tuberculous Milk.

Food and Drugs Act, 1955.

Results of sampling for cleanliness and keeping quality were as follows:—

Ungraded Milks:—

Methylene Blue — Satisfactory 1.

T.T. Milks:—

Methylene Blue — Satisfactory 2.

One sample was submitted for biological examination for tuberculosis and was reported negative.

Milk-borne Diseases.

No epidemics of milk-borne disease occurred during the year, and therefore no action was required to stop any milk supplies or restrict the activities of milk handlers under Part VII of the Milk and Dairies Regulations, 1949.

Designated Milks.

Milk (Special Designations) Regulations, 1949.

Your Council is responsible for the granting of dealers' and supplementary annual licences for the sale of tuberculin tested and accredited milks.

Licences in force during the year were:—

Dealers' licence (Form B)	2
Supplementary Licence (Form D)	1

Slaughterhouses and Knackers' Yards.

Two slaughterhouses were licensed by the Borough Council and were brought into active use again after the removal of war-time control of the meat trade.

901 animals were slaughtered during the year, and 889 of these were inspected by the department; most of the animals were of high quality. No carcasses were rejected, and only a few organs were found to be unfit for human consumption. I cannot emphasise too strongly the value of meat inspection and the importance of ensuring that all carcasses are inspected before sale to the public.

CONDEMNATION OF MEAT AT THE ABATTOIR.

Food and Drugs Act, 1938. Section 10.

The following is a summary of the carcasses inspected and condemned in whole or in part:—

	Cattle including Cows	Calves	Sheep and Lambs	Pigs
Number killed (if known)	184	6	666	45
Number inspected ..	180	6	658	45
<i>All diseases except Tuberculosis and Cysticerci:</i>				
Whole carcasses condemned	—	—	—	—
Carcase of which some part or organ was condemned	16	—	2	—
Percentage of number inspected affected with disease other than tuberculosis and cysticerci	8.8	—	0.3	—
<i>Tuberculosis only:</i>				
Whole carcasses condemned	—	—	—	—
Carcasses of which some part or organ was condemned	2	—	—	—
Percentage of number inspected affected with tuberculosis ..	1.1	—	—	—
<i>Cysticerosis:</i>				
Carcasses of which some part or organ was condemned	—	—	—	—
Carcasses submitted to treatment by refrigeration	—	—	—	—
Generalised and totally condemned	—	—	—	—

Condemnation of Foodstuffs.

Food and Drugs Act, 1955.

The following foodstuffs were condemned during the year as unfit for human consumption:—

- 1 Sheeps' lungs.
- 14 Beasts' livers.
- 1 Sheep's liver.
- 2 Beasts' lungs.
- 1 Beast's mesentery.
- 1 Beast's kidney.
- 2 tins of corned beef.

GENERAL SANITARY INSPECTION.

Since the appointment in 1949 of your part-time Public Health Inspector there has been a very welcome improvement in making good the longstanding arrears as well as maintaining the day-to-day responsibilities of the Council in their public health function.

The six sessions, or notional half-days, per week devoted to Sanitary Inspection seem satisfactory. Various inspections have been carried out beyond those detailed in the special sections of this Report.

Offensive Trades.

Public Health Act, 1936. Section 107.

There are no offensive trades within the meaning of the Act carried on in the Borough.

Factories.

Factories Act, 1937.

There is 1 factory in which Sections 1, 2, 3, 4 and 6 of the Factories Act, 1937, are the responsibility of the Borough Council for enforcement and 14 in which Section 7 is enforced. 26 inspections were made and in no case was it necessary to issue a written notice.

No prosecutions were required. There were no basement bakehouses.

Inspections.

Premises.	Number of Premises.	Number of		
		Inspections.	Written Notices.	Occupiers prosecuted.
Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ..	1	1	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	14	25	—	—
Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	—	—	—	—
Total	15	26	—	—

No Defects were found.

National Assistance Act, 1948.

No action was required under Section 47 for the removal to suitable premises of persons in need of care and attention.

Shops Act, 1950.

These duties have been periodically carried out.

Common Lodging Houses.

Public Health Act, 1938. Part II.

There were no common lodging houses within the Borough.

Rent Restriction Acts.

No applications for certificates of disrepair were received under the Housing Repairs and Rents Act, 1954.

Smoke Abatement.

Public Health Act, 1936. Sections 101-106.

There were no cases for action during the year.

Pests.

Prevention of Damage by Pests Act, 1949.

Rat poisoning treatments have been given in the sewers and the refuse tip during the year. Inspection of other premises has been made when required and the occupiers given advice.

Laboratory Services.

Public Health Act, 1936. Section 196.

Satisfactory laboratory facilities were available both at Carlisle and Kendal for all public health purposes.

Bye-laws.

The Bye-laws in force on matters relating to public health were:—

Building Bye-laws.

Food Handling.

New Legislation.

Rent Act 1957 became operative 6th July, 1957.

Rent Restriction Regulations 1957 became operative 6th July, 1957.

Housing Act 1957 became operative 1st September, 1957.

APPENDIX "A" LABORATORY EXAMINATION OF THE PUBLIC WATER SUPPLY

Nature of Test	Standards Max.	Head Works	Crotty Reservoir	Town's Main
Pr. coli count 37° ..	3-10	0	0	0
Faecal coli/strep ..	0	—	—	—
Character	—	Clear	Clear	Clear
Reaction	—	6.7	6.9	6.2
Ammonical Nitrogen	.041	.003	.021	.024
Albuminoid Nitrogen	.066	.037	.034	.066
Dissolved Solids ..	1000	100	150	86
Hardness { Total ..	300	76	80	54
{ Carbonate	—	45	43	3
{ Non-Carb.	—	31	37	51
Chlorides	30	10	10	8.5
Nitrates	1.0	1.220	1.340	—
Nitrites	—	—	—	—
O.2 Absorbed	1.0	.18	.16	.09
Heavy Metals	0	0	0	—
Rainfall 24 hours ..	—	Nil	Nil	Moderate
Date Sampled	—	23.3.49	25.3.49	4.2.57
Laboratory	—	Darlington	Darlington	Carlisle

Chemical analyses expressed in parts per million.

